



Cran-Almond Bark

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds
- ☐ 1 pound chocolate finely chopped
- ☐ 1 cup fruit dried sour such as cranberries, raisins or cherries

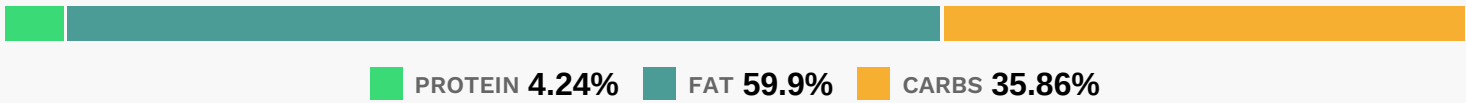
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350F.
- ☐ Spread nuts evenly on a baking sheet and toast in oven for 10 minutes. Coarsely chop nuts and set aside.
- ☐ Line same baking sheet with parchment or waxed paper.
- ☐ Place half of chocolate in a medium saucepan and heat over medium heat, stirring constantly until melted.
- ☐ Remove from heat, add remaining chocolate and stir occasionally until smooth.
- ☐ Stir nuts and fruit into chocolate and then pour mixture onto paper on baking sheet, spreading 1/4 to 1/2 inch thick.
- ☐ Let cool at room temperature until set, about 2 hours. (You can refrigerate chocolate to speed process, but chocolate may discolor.)
- ☐ Break bark into large, jagged pieces and wrap in cellophane or pack in boxes.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:8, Inflammation Score:-2, Nutrition Score:4.7704348266125%

Flavonoids

Cyanidin: 3.2mg, Cyanidin: 3.2mg, Cyanidin: 3.2mg, Cyanidin: 3.2mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 225.13kcal (11.26%), Fat: 16.55g (25.46%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 19.74g (7.18%), Sugar: 18.16g (20.18%), Cholesterol: 0mg (0%), Sodium: 5.35mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.38mg (7.13%), Protein: 2.64g (5.28%), Manganese: 0.45mg (22.61%), Copper: 0.32mg (16.24%), Magnesium: 50.9mg (12.72%), Fiber: 2.55g (10.2%), Phosphorus: 78.61mg (7.86%), Iron: 1.17mg (6.52%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.75mg (5.01%), Potassium: 152.7mg (4.36%),

Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.51%), Folate: 9.56µg (2.39%), Vitamin K: 2.47µg (2.36%),
Selenium: 1.32µg (1.88%), Calcium: 17.25mg (1.72%), Vitamin B3: 0.33mg (1.63%)